

what Osler has to tell us about John Shaw Billings or the young Laennec than in the culture he assumes and cultivates in his medical contemporaries. Perhaps it was his Canadian origins that made Osler not only think that art, literature, science and history constituted some kind of spiritual unity but also believe that the normal practitioner could not help but be attracted, refreshed and enriched by a draught from this spring.

On the technical side, editor Terry Cavanagh — a Winnipeg native who has long hidden behind the alias Old Galen of Durham, NC — has chosen to reprint the 1959 version photographically, preserving all Nation's misprints, corrections and distortions of the original articles. Perhaps rightly so, for if Osler can live with "sa grands mémoire" why should we get upset with Nation's improvement to "sa grand mémoire"?

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**Paul Potter, MD, PhD**  
Hannah Professor  
of the History of Medicine  
University of Western Ontario  
London, Ont.

## What comes first?

**Hypertension and Renal Disease.** Edited by Giuseppe Maschio, Vito M. Campese, Enrico Valvo and Lamberto Oldrizzi. Vol. 54 of Contributions to Nephrology; series editors, G.M. Berlyne and S. Giovannetti. 232 pp. Illust. S. Karger AG, Basel. 1987. \$99 (US). ISBN 3-8055-4372-7

**I**n response to Richard Bright's riddle of 1827, "What comes first: the hypertension or the renal disease?",

this monograph offers some new insights. Based on an international symposium, the 1st Verona Seminar on Nephrology, held in May 1986, the volume contains 24 reports. It includes data on the renal effects of hypertension, various chronic nephropathies and the progression of chronic renal failure.

The papers are separated into three sections. The first explores the pathogenesis of essential hypertension, including the potential role of prostaglandins, and provides a current update on the diagnosis and management of mild hypertension. The second section is of perhaps the greatest interest, reporting on the relation between hypertension and chronic renal disease. Mechanisms involved in the pathogenesis and maintenance of hypertension and its influence on renal failure, as well as therapeutic implications in a wide variety of clinical conditions, are discussed. The final section explores the diverse aspects of hypertension in renal failure (e.g., the development of hypertensive retinopathy) and the pathophysiologic features of hypertension in acute and chronic renal failure (i.e., during dialysis and after transplantation).

The book is particularly topical in summarizing the recent advances in our understanding of the key role that alterations in renal hemodynamics may play in accelerating the inexorable loss of renal function in nephropathies of diverse etiology. To rephrase the Brenner hypothesis, compensatory renal vasodilation in response to loss of functioning nephron mass maintains the glomerular filtration rate at the expense of hyperfiltration and intraglomerular hypertension. Ultimately these alterations lead to glomerular sclerosis and obliteration, as seen in the end-stage kidney. This concept is thought to relate directly to the pathogenesis of diabetic nephropathy and may point to promising new therapeutic interventions that reduce intraglomerular as well as systemic hypertension.

This monograph includes

many state-of-the-art presentations. The papers are well integrated and of consistent quality and scope. However, in view of the price of the book and the detail presented, it will be most suited to those with a major interest in renal hypertension. Furthermore, recent advances rapidly date monographs of this nature. The general reader would be better to obtain a current review article on the subject. *Hypertension and Renal Disease* is an appropriate purchase for a divisional reference library.

**Phyllis J. Hierlihy, MD, FRCPC**  
Associate professor  
Department of Medicine  
Ottawa General Hospital  
Ottawa, Ont.

## Growth of psychoanalytic organizations in Canada

**A History of Psychoanalysis in Canada.** Alan Parkin. 131 pp. Illust. Toronto Psychoanalytic Society, 33 Price St., Toronto, Ont. M4W 1Z2. 1987. Price not stated.

**T**his slim volume will be of interest to the members of the Canadian Psychoanalytic Society, because it traces the roots of the organization and demonstrates appropriate pride in its several offshoots. The book is written by founding member Alan Parkin, who uses his recollections, discussions with colleagues and mentors, and archival material to weave his story.

Dr. Parkin's psychoanalytic writings are lucid, logical and well argued — qualities absent from this little book, which is like a succession of free associations about the men (and the few women) who embody the psychoanalytic movement in Canada. There are some haphazard digressions, but the basic theme appears to be the expansion and dissemination of local psychoan-

alytic institutions in the face of unsympathetic opposition.

Questions I was curious to see addressed were not. Parkin explains a little about how psychoanalytically oriented practitioners initially diverged from their neurologically and psychopathologically oriented colleagues. It is not made clear, however, whether the main differences lay in unique understanding of unconscious motivation, in staunch fidelity to Freud's tenets, in beliefs concerning the ultimate causes of psychiatric disorders, in techniques of intervention, in preferences for a distinct clientele or in rates of success with treatment. Perhaps it was a little of all. The evolution of these differences is not explored. I was left with the impression, which of course is inaccurate, that neurology, psychopathology and psychoanalysis, as sciences, have stood still. In fact, in parallel with the growth of psychoanalysis in Canada, extensive linkages have been forged between these kindred fields. Today behavioural neurologists, psychopharmacologists and psychoanalysts may all hold similar views on human motivation, personality development and symptom formation. Their differences lie in their treatment strategies. This rapprochement among mental health specialists is a result of increased knowledge about patients and disease processes. We are progressively better able to target specific interventions to specific problems and to integrate bodies of knowledge from many fields of study.

This book does not attempt to trace the theoretical unfolding of psychoanalytic thinking in Canada. This is a pity, because Canada, like so many other areas, creatively melds British and US theoretical constructs. Nor does the book highlight the academic contributions of Canadian analysts. It does not attempt to understand the social forces that were at first resistant and then more open to depth psychology. In passing, Parkin does mention the importance of social climate, but the book is

mostly devoted to personality clashes and to the struggle for independence and growth of the psychoanalytic societies.

Lacking from these pages is discussion of the needs of the patients and an assessment of how these needs are being met. Lacking too is an exploration of applied psychoanalysis in Canada as we have come to expect it within the arts and humanities, the growth of institutions (including psychoanalytic ones) and sociopolitics. (This last topic is actually touched upon in the interesting digression into the career of Brock Chisholm.)

Of course it is always easy to point out insufficiently covered issues. In a sense it is a compliment to the author that the reader asks for more. Perhaps this book serves the purpose for which it was intended, although the uninitiated reader is not likely to be interested in who voted at what meeting and how many members belonged to which local branch in which year. The real problem is the title. The book should have been called *The Growth of Psychoanalytic Organizations in Canada 1887-1987*.

Mary V. Seeman, MD  
Department of Psychiatry  
Mount Sinai Hospital  
Toronto, Ont.

## Feeding little ones

**I'm Hungry! Your Guide to Nutritious and Tasty Food for Young Children.** Eleanor Brownridge. With recipes by Judi Kingry. 214 pp. Lorraine Greey Publications Limited, Toronto/Random House of Canada Limited, Mississauga, Ont. 1987. \$12.95. ISBN 0-394-22019-6

**E**leanor Brownridge, a professional dietitian-nutritionist, has developed a concise, easy-to-read book that will help parents prepare and feed their children from birth through the preschool years.

The author takes the reader

step by step through the many stages of introducing food, covering the pros and cons of breastfeeding and bottle-feeding, what solids to offer at what stages and in what portions, teething foods and nutritious snacks. In addition, she examines the options of purchasing commercial baby food versus adult food and making your own (pointing out, for example, that it is sometimes cheaper to buy commercial baby food for out-of-season foods) and of purchasing prepackaged foods versus fresh foods to be prepared at home, offers advice for the vegetarian family, describes what to do if your child is choking and discusses the special feeding needs of disabled children.

The book includes the Canada Food Guide (which I find useful), wonderful, easy-to-prepare recipes (most developed and tested by Judi Kingry) and helpful suggestions for those of us with limited time for preparing meals.

This book, like many others on the subject, is a *guide* to feeding little ones and should be read as such. There will always be controversy over whether it's better to introduce cow's milk at 6 months or 1 year, whether to introduce cereal if the infant doesn't seem satisfied between feedings, whether to feed three meals a day or allow frequent snacking and so on. Parents may become confused by the overwhelming literature available, from the hospital where the baby was born, through mailings from various sources, and in libraries and book stores. Common sense and good judgement, I feel, are the key to providing children with proper nutrition and good attitudes toward eating.

As a mother of a preschooler and an infant, I recommend *I'm Hungry!* to parents with their first or second child; a more "experienced" parent might want to just try out some of the many simple but creative recipes.

Dawna Lee Nooyen  
Administrative secretary  
Scientific section  
CMAJ